

Morning Smile
Remanded
Clerk of the Court: "Excuse me, madam — you can only remand him."
Woman Magistrate (to prisoner): "Very well, then. You are severely remanded."

Close By
"Why don't you walk down the street instead of galloping round in the revolving door?" the hotel porter asked a guest who had explained that he was taking a walk before breakfast to sharpen his appetite.
"I mustn't go too far," said the guest. "I'm expecting a telephone call any minute!"

How Can I!!!
By Ann Ashley
Q. How can I make a good rug?
A. Use a cake of white soap cut into small pieces, 1 tablespoon of ammonia, and 1 quart of boiling water. Boil this together for ten or fifteen minutes.
Q. How can I render children's clothes fireproof?
A. They can be made fireproof until they are washed or drenched by rain by soaking them for five minutes in a solution of a pound of ammonium phosphate to a gallon of cold water.
Q. How can I clean shellac brushes after using?
A. Clean them thoroughly in denatured alcohol. This will prevent their curling and hardening.

Cook's Corner
LAMB CURRY WITH RICE
(Makes 6 servings)
Two and one-quarter pounds boned lamb shoulder, 1/2 cup finely chopped onions, 2 tablespoons of 2 teaspoons salt, 1 teaspoon pepper, 3/4 cups water, 2 tablespoons flour, 2 1/2 teaspoons curry powder, 2 teaspoons vinegar, 1 1/3 cups packaged pre-cooked rice, 1 1/2 cups water, 1/2 teaspoon salt.
Remove fat and gristle from lamb. Then cut meat in 1 1/2 inch cubes. Saute lamb and onions in hot fat in large saucpan or skillet until lightly browned. Add salt, pepper and 2 cups of the water. Simmer, covered, 1 hour or until meat is tender. Add 3 cups of the water and reheat.
Blend flour with remaining 1/2 cup water. Add gradually to lamb mixture, stirring constantly until thickened. Add curry powder and vinegar. Combine rice, water and 1/2 teaspoon salt in saucpan. Mix just until all rice is moistened.
Bring quickly to a boil over high heat, uncovered, fluffing rice gently once or twice with a fork.
(Do not stir.) Cover and remove from heat. Let stand 10 minutes. Arrange rice on hot platter, with curry mixture and serve at once with shredded fresh coconut, if desired.

That Body Of Yours
By James W. Barton, M.D.
REDUCING WEIGHT REDUCES HIGH BLOOD PRESSURE
Because there are some overweight men and women who live longer than others of the same generation, some overweights believe that even with high blood pressure they may live as long as if they were of normal weight.
Your life insurance examiner knows from experience that most overweights have a short life span. He does not know just which ones will have a long life span and which ones won't, but his experience and the figures of his and all other insurance companies definitely show that lean men live longer.
All insurance examiners know that overweight increases the blood pressure and so do not hesitate to refuse insurance to one greatly overweight. To show how important weight is to health and to life itself, the rejected applicant is told that if he is willing to reduce his weight to normal within six months or a year and keep it reduced, he will then be given insurance at regular rates. They will not permit the overweight applicant to reduce too rapidly, but at the rate of one pound or one and a half pounds a week, to get rid of 25 to 30 pounds in six months to a year.
In reducing weight the applicant is given the usual advice which is to cut down by one half on all fat foods, also by one half on all starch foods and by one half on all liquids — water, milk, tea, coffee, soft and hard drinks. Life is advised to continue eating plenty of meat, as meat and other proteins (eggs, fowl and fish) have a double action in the body. Proteins first are builders, supplying material for new tissue cells and rebuilding worn cells, and second, they have more dynamic action in that they help to burn up fat and starch foods and thus leave less material (not for building) to be stored in and on the body as fat. Practically all reducing diets now prescribe plenty of meat daily because of these two facts.
All reducing diets, whether prescribed by insurance company physicians or general physicians, change from the ordinary diet of 1 part proteins, 2 parts fats (butter, cream, fat meats) and 4 parts starches (potatoes, sugar, bread, vegetables) to 1 part (or more) proteins to 1 part (or less) fats to 2 parts starches (carbohydrates).

Modern Etiquette
By Roberta Leo
Q. What is the difference between the formal and informal tea?
A. The decorations of the informal tea are not so elaborate and the refreshments are more simple. The hostess at an informal tea mingles with her guests and does not remain at the door to greet each newcomer.
Q. Is the engraved or printed card of thanks ever in good taste?
A. The engraved or printed card intended as a substitute for a written note of thanks is abominably rude and utterly lacking in taste.

ELLEN'S DIARY
By an Island Farmer's Wife

It was hearing the brush of descending stork's wings over the farmlands "in the road" on Sunday that reminded us of an incident of summer...
A little girl was born in a shower when the shadows of night had already drifted in to fill the quiet winding valley to the rim and the lights at Rob's opposite and in all the farmsteads about made comforting pools of gold against the darkness. Well-loved even in promise and extremely welcome she arrived safely to make a second sister in a family of four.
"There'll be a surprise awaiting you at home, I'm thinking," said to the younger lad of the two spending an evening interval with us, though for no good reason that they could make out.
With James idle and content in the old armchair, the event transpiring taking him back in memory to other birthdays, we chatted while the sable curtain of outdoors pressed against the windows being washed by the rain... Just turned seven, the youngster is, and every wonder of the world about him is reflected in face and eyes.
He considered a moment. "I don't think, Ellen," he offered soberly, "there'll be any more of a surprise there when I go home than when I left!" But there was to be an unbelievable happening.
"Another sister!" He whispered the word, when the tidings presently were brought, and we thought the tones had a smile and a tear entwined, so much obvious happiness was there.
And what will this small bundle of charm make? What is her destiny? And where? Will she be one to seek her fortune afar, or will it come to her door? We were reminded by the birth of the laughing comment of two such maids-of-the-farm, when we stopped at a relative's store one evening last summer.
"Ellen, why don't you write about us?" one of the two asked.
"Yes!" the other nodded. "We'd love to be put in print." "As you are or were?" we chuckled. "Any way at all?" they chorused. "But you wouldn't recognize yourself!" we teased. "Wouldn't we? You just try it!" they agreed. "The truth, the whole truth, and nothing but the truth?" we queried.
"Certainly!" one smiled. "For after all, what is the truth?" "But what is there to write?" we asked. "Your stories have been written—what can one add to them?" "That is not so!" the other countered. "We're living now the ending... our last chapters are still being recorded!"
"And they have a fine heading!" we chuckled, quite proud of the two. "And 'What is it, Ellen?' one begged curiously. "Do tell us!" And all the time, one was buying her weekly supply of groceries... "But is that not like James?" "Will you turn that damper in the stove-pipe, Ellen?" he asks looking up from his reading to listen to the rising wind. "That's strong, isn't it? It's from the sun crossing the line... it always brings windy weather. If this keeps up tomorrow, loads of sheaves will be hard to build, I'm thinking!"
Until tomorrow — —Diary — — Good-night...
card intended as a substitute for a written note of thanks is abominably rude and utterly lacking in taste.

Larter-Roper Wedding



Mr. and Mrs. Alfred George Larter, with their attendants, are shown above following their wedding which took place at the home of the bride's parents, Mr. and Mrs. Russell Roper of Central

A Country Garden
By Mrs. Gordon MacMillan
THE ESSENCE OF AUTUMN

The pungent, fruity odor of ripening grapes on the side of an old barn is a sure reminder of Autumn with its bounteous harvest and its changing tints and shades which enliven the landscape. The clear sunny days and that curious, encircling purplish haze which settles down on hilly regions in the afternoon when the sun is on the wane add to our enjoyment of the ever changing horizon.
To some, Autumn is a sad time of the year, but why should it be? Is it not the approaching rest period for the flowers, shrubs and trees and that we have cultivated and enjoyed since the last Spring frost disappeared? Yes, and it is time to plan anew for another Spring. No true gardener who looks ahead to the changing seasons ever grows old — he only becomes richer in experience of what the fragrant earth yields to him for his efforts.
Autumn is the time that we gather in the fruits and flowers of the garden and farm and the plants that were grown from seed to replenish the flower borders. It is a happy task on a sunny morning to transplant these good seedlings to their permanent borders. The spring season is overcrowded with gardening work, and in some years the soil remains "wet and cold for a long time. By contrast, in most years, the Fall period is a pleasant time to work in the garden, and it is possible to relieve some of the pressure of the Spring rush by doing as much of the planting as is possible at this time.
Soil-moisture and temperature conditions are ideal this season. Autumn mornings, clear and bright and still are the finest times for gardening. The sun is warm on the gardener's back and if suitable clothing is worn any work can be good fun.
Fragrance is still here in the garden. Wallflower has never been out of bloom since May. The Honeysuckle and Clematis, Sweet Peas, Carnations and Stocks and a few Hybrid Roses make a fragrant nosegay.
This week the perennials borders have been trimmed of all old seed-heads as this is fatiguing to plants. Early blooming flowers should be cut down to make room for others that are blooming now... Michelmas Daisies take the place of Thalictrum... Foxglove, and many perennials are bright with color like the Hibiscus and others that are blooming the second time in the season. Delphinium and Phlox, fragrant and lovely, a morning in the garden now can make a great improvement in the appearance of the different flower borders.
This is the time to look at the form of your garden, the hedges and evergreen shrubs and if more of these are needed they can be planted this month. Remember that they must always be moved with a ball of soil and the hole should always be wider and deeper than the shrub. Good soil must be provided and the soil firmed around after it has settled after a good soaking and it will be necessary to water again if it happens to be dry weather.
Evergreens that are transplanted in the Fall are benefited by a mulch to conserve moisture and to prevent rapid changes in soil temperatures during the Winter. Our gardeners would lack interest in Winter if there were no evergreens to relieve the monotony of the bare trees and shrubs.
There are so many kinds, however, that one must choose wisely to secure the type best suited to the location and not one that will outgrow its allotted space in a few years.
Form, colour, and scent — these are the chief qualities upon which we depend to make a garden of delight. Form, as in all artistic achievements, should rank first, but, curiously enough, though we pay due attention to the plan of our gardens, the actual form of the plants themselves does not receive the consideration it deserves.
Particularly in the choice of varieties we must have regard, not merely to the height but to the mode of growth.
Flowering shrubs, for instance, are all too frequently pruned with sole regard to their flowering capacity, whilst shape, if it be considered, is often not that form which nature intended the shrub to assume.
Size, colour, and the period of flowering are the qualities most commonly taken into account when planting a herbaceous border or shrubbery. But the mode of growth of the individual plants is equally important, and it will add not a little to the success of the whole if we also take thought for that much neglected asset, scent. It may be the scent is that of the foliage, as in our hedges of lavender, and southernwood.
"It was a fine morning — so fine, that you would scarcely have believed that the few months of an English summer had yet flown by."

Anne Adams Patterns
SIZED TO 36

HERE'S HOW to have plenty of new lingerie! This is the easiest slip in the world to sew, it has only TWO pattern parts! Sew side-seams, hem and darts — and WEAR IT! Panties are easy-sew too. Make a set for a Christmas gift!
Pattern 4858 in sizes 34, 36, 38, 40, 42, 44, 46, 48, 50. Size 36 slip, requires 2 1/2 yards 39-inch fabric; panties, 1 1/2 yards.
This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions. Send Thirty-five Cents (35c) in coins (stamps cannot be accepted) for this pattern. Print plainly Size, Name, Address, Style Number.
Send order to ANNE ADAMS, care of The Guardian, 60 Front St. West, Toronto, Ontario.



The Stars Say - -
By Genevieve Kemble
For Tomorrow
SOCIAL prestige at this time depends entirely on wisdom and tact. Patience and understanding may be the means of winning valuable friends for now and in the future, but deep thought should be given to all plans advanced for change or reorganization. A certain amount of secretiveness about personal affairs is advisable.
For the Birthday
Those whose birthday it is may find the depressed attitudes they have been retaining being directed into more positive, optimistic channels. An enthusiastic approach to problems will make their solution easier. Diplomacy will insure continued pleasant relations with those with whom you come in contact.
A child born on this day must learn how to hurdle the rough spots of life. Begin training it in its early years to cross these spots with genteel grace, instead of with bluster and acrimonious speech.
Hedges, fields, and tree, hill and moorland, presented to the eye their ever-varying shades of deep rich green, scarce a leaf had fallen, scarce a sprinkle of yellow mingled with the hues of summer, warned you that autumn had begun.
The sky was cloudless, the sun shone bright and warm, the song of birds, and the hum of myriads of summer insects filled the air, and the cottage gardens, crowded with flowers of every rich and beautiful tint, sparkled in the heavy dew, like beads of glittering jewels.
Everything bore the stamp of summer, and none of its beautiful colors had yet faded."
—Dickens.

DOROTHY DIX SAYS—

Overstrict Parents
Lack Of Understanding Can Cause Serious Trouble

DEAR MISS DIX: I am 16 years old, and a senior in high school. My mother and father are very strict about dating; my mother won't let me bring any boys into the house and refuses even to meet them. I want her to know who my friends are but if she won't let them come to the house I am going to meet them outside. I hate to do it, but I feel I shouldn't be deprived of all the fun the other boys and girls are having. I go with nice young people from school and church, and I'm sure mother could find no fault with them if she could only meet them. I don't expect to go out every night in the week; once every two weeks would satisfy me.
L. W.

ANSWER: Mothers who fail so completely to understand the need of a teen-age daughter for friends and some social life of her own are sowing the seeds for disobedience and deceit. These results, of course, are not condonable, since every teen-ager is under parental control, being legally and morally bound to render obedience no matter how rigid the rules. However, we are dealing with human nature—not ideals—and youngsters with a yen for the society of their contemporaries are following their natural bent and should not be denied.
The wise parent welcomes her daughter's friends into the house; she can then sort the wheat from the chaff, point out to her child the bad points of the companions she doesn't like and encourage the boys and girls who meet her high standards.

TEEN-AGERS CHOOSE WISELY
It is amazing what excellent discrimination most teen-agers show in their choice of friends. They want to bring their pals home to mom and dad; they are proud to have them all meet each other. Nothing gives a teen-age youngster greater pride and security than to have her parents welcome young guests with the same courtesy they extend to older people. This is the basis of a sound, happy home and the nucleus for the child's happy future and ultimate marriage.
The girl who feels she must lie to her mother about dates and meets her friends at street corners is not going to have the same high standards realized. Her companions will be the not-so-choice boys and girls who are not welcomed into their friends' homes and must themselves seek clandestine dating.
At no age does a child need an understanding parent as much as during adolescence. It is a difficult time for both parent and youngster; the successful handling will cement family ties.
DEAR MISS DIX: I have been going with a boy for over a year and it seems that a neighboring family persists in trying to get him away from me. I can see no reason for their actions. We both realize what they are trying to do but still they continue, by petty means, to try to break us up.
V. M. B.

ANSWER: You are certainly vague about what this family actually is doing, and just how you think they're trying to cause trouble between you and your boy friend. Perhaps you're lending too ready an ear to idle gossip? Unless you have definite facts on which you base your attitude that these people are interfering in your love life, forget the whole problem.
DEAR MISS DIX: I am a girl 11 years old. Self-consciousness about my height causes me to sit and walk with a stoop. My friends all tell me to stand straight and be proud of my height. Are they right?
MARGIE

ANSWER: Your friends are absolutely right, Margie! Height in a woman can be a mark of distinction when well carried; you can learn now to walk erect with poise and grace. Many models are chosen for their height, and there is at least one night club in New York that makes a point of hiring only tall girls. Your attempts to conceal your height by stooping will make you round-shouldered and graceless.
DOROTHY DIX cannot reply personally to readers but will answer problems of general interest through her column.

Household Scrapbook
By Roberta Leo
Dyeing a Sweater
When preparing to dye a sweater, remove the buttons and weigh the garment while it is dry. Then purchase enough dye to color the number of pounds the sweater weighs. The garment will not take a good color with insufficient dye.
Pecans
The kernels of pecans will come out whole if boiling water is poured over them, allowing them to stand for thirty minutes before cracking.
Onions
A good habit to cultivate is the eating of raw onions. They are very beneficial to the liver.
"It was a fine morning — so fine, that you would scarcely have believed that the few months of an English summer had yet flown by."

New Swiss Discovery
for Eczemas, Boils, Psoriasis, Leg Ulcers



F'99
EMINENT Scientists have discovered that the lack of unsaturated fatty acids in human nutrition is one of the main causes of skin diseases, such as Eczemas, Boils, Leg Ulcers and Psoriasis. The modern diet, in which these essential substances are often completely lacking, have brought about a deficiency in a great number of individuals.
Remarkable Swiss Discovery
A Swiss chemist, Dr. W. Schmitz, succeeded after 10 years of research work in extracting from pure vegetable oils an unsaturated fatty acid in a concentration of 99% and therefore named F'99. Thanks to this hitherto unattained purity, F'99 is so readily absorbed into the blood stream, that it has a decisive biological activity in the treatment of skin diseases.
Natural way to clear up skin troubles
F'99 is not a synthetic drug but a concentrate of natural nutritive substances. It is so harmless that it may be given even to infants without any hesitation. Its remarkable efficiency in the treatment of Eczemas, Boils, Leg Ulcers and Psoriasis has astonished even Skin Specialists of international reputation. As its name suggests, the F'99 Two-Way Treatment acts internally as well as externally. While F'99 Capsules or Liquid give the body the power to suppress the cause and combat successfully skin disease, the F'99 Ointment treats its external, visible symptoms. To many thousands of skin sufferers all over the world, F'99 Two-Way Treatment has already proved its tremendous value and is being used with outstanding results even on cases where all ordinary treatments have failed. In severe cases medical advice should always be taken.

F'99
Two-Way Treatment for Skin Diseases
Illustrated Booklet on F'99
containing all the interesting facts concerning this remarkable new Swiss Discovery which will bring new health and happiness to innumerable skin sufferers, can be obtained free of charge from any good drug store. Diva Laboratories, Dept. F.O. Box 116, Victoria, B.C.
A special pamphlet has been issued dealing with the two-way treatment of acne and pimples and is available free of charge from your druggist.

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WAKE UP FRESH FULL OF PEPS!

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